



The Essential Guide to Baby's First Year

Erika Landau M.D., Abigail Brenner M.D.

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The Essential Guide to Baby's First Year offers new parents a clear, comforting companion devoid of the "musts" and "shoulds" that abound in other new baby books. Rather than focusing on rigid guidelines to development, it acknowledges that babies are people, and they do things in their own time and ways. The authors are both parents, one of them with the additional benefit of being an experienced pediatrician, and their advice and suggestions are all based on medical knowledge and the latest advice on the baby grapevine.

The Essential Guide to Baby's First Year content also includes:

- The moment of birth and beyond – what a newborn looks like, what the tests will be like, feeding, bonding, and taking the baby home.
- Clear explanations of milestones for the first year of life, broken up by quarters – and how they may vary from baby to baby.
- Advice and suggestions on feeding, caring for, and interacting with baby over the year.
- Teething, sleeping, crawling, pooping – how things happen and change as the months pass.
- Common illnesses, appropriate foods, necessary equipment, and more.

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